**PAUSING**

The concept of wait time, first developed by the noted science educator Mary Budd Rowe, provides insight into the value of pausing. Dr. Rowe noted the following effects of when teachers paused between 3 and 5 seconds in classrooms:

* *Positive changes in affective climate;*
* *Positive changes in the quality of classroom interactions;*
* *An increased level of cognitive functioning;*
* *An increased level of academic achievement; and*
* *A decreased number of behavior problems.*

Dr. Rowe identified three types of wait time. When applied in a coaching conversation, the types of wait time can create the following pauses:

|  |  |  |
| --- | --- | --- |
| **WAIT TIME I** | **WAIT TIME II** | **WAIT TIME III** |
| after the listener  Poses a question | after the speaker  responds | before the listener  responds |

Rowe, M.B. (1986). Wait time: Slowing down may be a way of speeding up! *Journal of Teacher Education*, 37(I), 42-49.